



Glucose Solution

Glucose solution is a great fast acting carb for treating hypoglycaemia.

- It raises glucose levels quickly.
- It is cheap.
- It is easy to take at night-time.
- It doesn't stick to teeth.



Glucose powder can be purchased from pharmacies.

Here are two different ways to make and store your glucose hypo treatment.

Glucose Powder

1. Measure out dose of glucose powder
 - 5g dose – 2 level metric teaspoons
 - 10g dose – 3 level metric teaspoons
 - 15g dose – 5 level metric teaspoons
2. Mix the powder with a small amount of water.
3. Give your child the whole dose from a syringe or cup.



The amount of powder for one dose can be pre-measured into a small plastic container or pop top bottle. Take this with you and mix with water when you need it.

25% Glucose solution

1. Mix 25g of glucose powder with 100ml water.
2. Measure dose with a syringe or medicine cup.
 - 5g dose – 20mls
 - 10g dose – 40mls
 - 15g dose – 60mls



Glucose solution can be stored in a sealed container in the fridge. Shake bottle just before use.

You can also make a more concentrated solution if it is easier to give a smaller volume.

50% Glucose solution

1. Mix 50g of glucose powder with 100ml water.
2. Measure dose with a syringe or medicine cup.
 - 5g dose – 10mls
 - 10g dose – 20mls
 - 15g dose – 30mls

